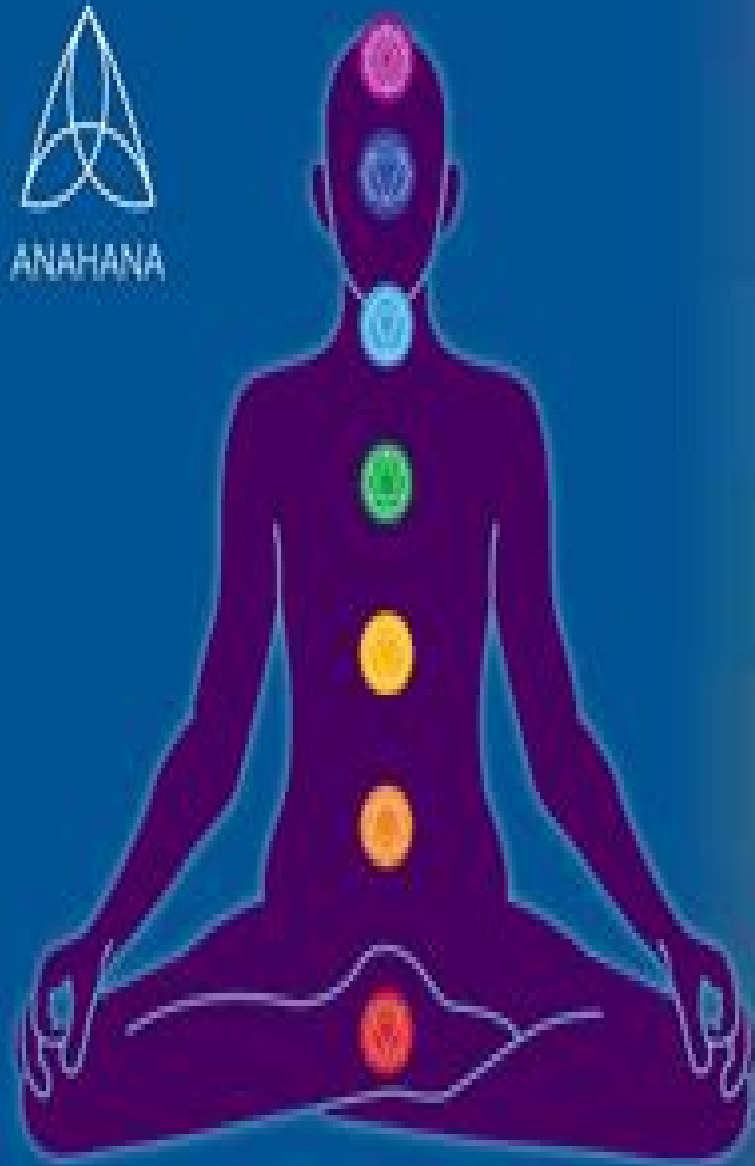


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Los Chacras

Shalila Sharamon, Bodo J. Baginski



Los Chakras:

Los chakras Harish Johari, 1995-08 En la ciencia antigua del tantra se considera al cuerpo como el instrumento más perfecto para la expresión de la conciencia. Esa perfección se lleva a cabo gracias al desarrollo de los centros psíquicos o chakras. Localizados en el sistema cerebroespinal, los chakras son el escenario sobre el que se representa la interacción entre la conciencia superior y el deseo. En consecuencia, conseguiremos un estado iluminado del ser mediante la comprensión y utilización de la energía de los chakras. Harish Johari, estudioso y practicante ind del tantra, nos presenta los principios científicos de los chakras así como la aplicación práctica que tienen actualmente. Despliega los misterios de estos centros sutiles de la transformación con técnicas de visualización que son esenciales para la práctica y la comprensión técnica. Con bellas ilustraciones a todo color, Johari nos proporciona imágenes al mismo tiempo adicionales y visionarias de cada chakra. La meditación sobre esas imágenes vitaliza los centros cerebroespinales al tiempo que armoniza física y psíquicamente todo el sistema. Los dibujos lineales permiten al aspirante colorear las imágenes a modo de ejercicio de visualización y contemplación de los chakras. Las secciones dedicadas a cada uno de ellos revelan las correspondencias que tienen con los mantras, colores, signos astrológicos y deidades así como con los diversos tipos de personalidad y las características conductuales. A diferencia de otros libros sobre el tema, este proporciona las herramientas que permiten activar los centros de la energía transformadora y elevar el conocimiento intelectual convirtiéndolo en una experiencia del crecimiento espiritual. Solo en este libro encontrará el lector occidental reunida tanta información valiosa sobre esta antigua tradición. Los chakras son una valiosísima fuente de información y conocimiento técnico tanto para el estudioso como para el aspirante espiritual de cualquier nivel. El gran libro de los Chakras Shalila Sharamon, Bodo J. Baginski, 2006-12-12 El estudio de los centros energéticos o chakras otorga al interesado en las disciplinas de autoconocimiento una visión profunda y amplia acerca de la influencia que las fuerzas sutiles tienen sobre el organismo humano y el desarrollo psíquico y espiritual. Este libro describe de un modo claro y sencillo los mecanismos por los que actúan los centros energéticos a la par que muestra un completo trabajo práctico que comprende un extenso abanico de técnicas: aplicación de sonidos, colores, gemas y aromas, ejercicios respiratorios y posturas de yoga, reflexología podal aplicada a los puntos relacionados con los chakras, prácticas de meditación y transmisión de la energía vital, las asociaciones astrológicas de cada chakra, etc. En suma, la obra más completa y efectiva sobre los chakras hasta ahora publicada que permite al lector disponer de una excelente herramienta para el estudio, la exploración y el despertar de los chakras. *Guía práctica de los chakras* Anodea Judith, Selene Vega, 1995-10 *Nueva Guía de Los Chakras* Anodea Judith, 2001 *Kundalini y los Chakras* Genevieve Lewis Paulson, 2006-01-19 Todos poseemos la poderosa fuerza evolutiva de Kundalini que nos puede aportar estados mentales superiores, poderes físicos y la conexión con la conciencia cósmica. Este libro le enseña cómo liberar kundalini de una forma gradual, segura y controlada por uno mismo. *El libro de los chakras* Ambika Wauters, 2002-01-01 *Terapia Con Los Chakras* Deedre Diemer, 1999 **Nueva curación con los Chakras** Cyndi

Dale,2006-07-18 Nueva Curaci n con los Chakras comienza donde acaba el tradicional sistema de los siete chakras con los que se ha trabajado en el plano espiritual y de la salud hasta hoy Cyndi Dale nos muestra desde una perspectiva m s profunda este proceso de curaci n ste es el primer libro que explica c mo trabaja la parte posterior del c rtice de un chakra cu les son los doce chakras principales as como la ubicaci n descripci n y modo de trabajo con los otros veinte puntos de energ a repartidos en el cuerpo humano Hasta ahora este conocimiento s lo se transmit a por antiguas tradiciones inici ticas que de un modo velado hablaban de ellos y de su importancia en el sistema vibratorio del ser humano **Los Chakras. Centros**

magnéticos vitales del cuerpo humano C. W. Leadbeater,2006-02 The chakras are very important energy centres in humans and are used in meditation and in cognition of the inner worlds Leadbeater s book is fairly easy to read and has really good colour illustrations which have since been often quoted and reproduced many times over the last 70 years According to the author the word Chakra is Sanskrit and signifies a wheel The chakras or force centers are points of connection at which energy flows from one vehicle or body of a man to another In a more evolved person they may be glowing and pulsating with living light so that an enormously greater amount of energy passes through them with the result that there are additional faculties and possibilities open to that person *Los chakras en la práctica chamánica* Susan J. Wright,2009-07-29 C mo trabajar con los centros de los chakras a fin de curar lesiones ps quicas no resueltas Revela c mo las lesiones s quicas se quedan atrapadas en el cuerpo energ tico Establece un v nculo entre cada etapa de desarrollo y cada uno de los chakras principales Presenta una gu a detallada sobre la sanaci n y eliminaci n de tensiones contenidas en cada chakra El sistema de los chakras identifica ocho centros en la anatom a psicol gica de los seres humanos cada uno de los cuales est asociado con una parte distinta del cuerpo f sico o energ tico Susan J Wright que se dedica al chamanismo y la psicoterapia Gestalt muestra que cada chakra est tambi n vinculado con una etapa distinta de desarrollo emocional y espiritual Wright explica que los traumas de la vida experimentados en etapas particulares del desarrollo se quedan atrapados dentro del cuerpo energ tico porque se aferran a su chakra correspondiente Al identificar el chakra afectado y trabajar con l es posible abrir una puerta a un mundo de im genes transformativas lo que permite sanar estas heridas ps quicas mediante potentes tcnicas cham nicas La autora presenta ejercicios f sicos y meditaciones guiadas que ofrecen a quienes las practican una manera de unir y robustecer las partes fragmentadas de su cuerpo y emprender as el camino hacia el bienestar f sico emocional y espiritual

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